Baltimore City Health Department

Division of Aging and CARE Services



State Health Insurance Assistance Program (SHIP)

Appointments available starting September 27, 2021

Medicare plans change every year, so can your health needs. New plans are available in Baltimore City. Compare and see what works best. You may be able to find better coverage at lower cost. A SHIP expert can explain your Medicare options and help you find a plan that meets your personal healthcare needs. All services are free and SHIP is open year-round.

For local assistance with your healthcare options, call the Maryland Access Point (MAP) hotline 410-396-CARE (2273) to be referred to your local SHIP Counselor.





O assistance programs

National Network